

WHAT IS CLAIMED IS:

1. A weight scale comprising:

a housing having a scale display window; and

a pad overlying at least a portion of said housing and having a pad display window corresponding in size and shape to said scale display window.

2. The weight scale of claim 1, further comprising a control system having a controller and memory operatively connected to an input interface, one or more output indicators, and a display.

3. The weight scale of claim 1, wherein said housing is ergonomically configured and suitable for domestic use.

4. The weight scale of claim 1, wherein said pad is removably connected to said housing.

5. The weight scale of claim 1, wherein said pad is securely connected to said housing.

6. The weight scale of claim 1, wherein said pad is formed of a material having elastic recovery characteristics.

7. The weight scale of claim 1, wherein said pad is formed from a viscoelastic material.

8. The weight scale of claim 1, wherein said pad has any property selected from a group consisting of hypoallergenic, antibacterial, and antifungal properties.

9. A weight scale comprising:

an ergonomic weight scale suitable for domestic use;  
and

an operating system having a controller and memory operatively connected to at least an input interface, one or more output indicators, and a display screen.

10. The weight scale of claim 9, wherein said operating system is operatively connected to a power source.

11. The weight scale of claim 9, wherein said controller receives certain operator information from said input interface,

processes said operator information in association with information stored in said memory, and outputs said processed information via said one or more output indicators.

12. The weight scale of claim 9, wherein said input interface is a tactile operator interface.

13. The weight scale of claim 9, wherein said input interface is a remote control.

14. The weight scale of claim 9, wherein said input interface is a voice command system.

15. The weight scale of claim 9, wherein said one or more output indicators include a visual indicator, an audible indicator, and/or a tactile indicator.

16. The weight scale of claim 15, further comprising a viscoelastic pad overlying at least a portion of said ergonomic scale and having memory characteristics.

17. A method for operating a weight scale comprising the steps of:

providing a weight scale having a controller and memory operatively connected to an input interface and one or more output indicators;

activating said scale and/or said controller;

operating said scale and/or said controller to determine, track and/or compare weight information for one or more operators.

18. The method of claim 17, wherein said step of operating said scale and/or said controller includes operating said scale and/or said controller in an automatic mode to measure a current weight of said one or more operators.

19. The method of claim 17, wherein said step of operating said scale and/or said controller includes operating said scale and/or said controller in an interactive mode to store, track and/or compare weight information specific to said one or more operators.

20. The method of claim 17, wherein said weight scale has a removable pad suitable for overlying at least a portion of

said weight scale to selectively provide added comfort, said removable pad being washable to provide sanitary benefits.

21. A weight scale comprising:

an ergonomic body sized and shaped for domestic use, said body having one or more supports that are movable with respect to said body; and

one or more sensors for detecting at least a portion of a load applied to the scale.

22. The weight scale of claim 21, further comprising an operating system having a controller and memory operatively connected to at least an input interface, one or more output indicators, and a display screen.

23. The weight scale of claim 21, wherein said one or more sensors are positioned at least approximately directly above said one or more supports.

24. The weight scale of claim 23, wherein said one or more sensors and said one or more supports are operatively connected

so that any movement of said one or more supports is measurable via said one or more sensors.

25. A method of determining a user's weight comprising the steps of:

providing a scale with one or more sensors, one or more supports that are movable with respect to said scale, and a display;

activating said scale;

properly positioning a user on said scale via said one or more supports;

detecting at least a portion of said user's weight via said one or more sensors; and

displaying the sum of the weight detected by all of said one or more sensors or the total load on said scale.

26. The method of claim 25, wherein said one or more sensors and said one or more supports are operatively connected so that said relative movement of said one or more supports with

respect to said scale may be measured via said one or more sensors.

27. The method of claim 25, wherein said step of activating said scale comprises tapping said scale at a predefined location.

28. A method of determining a user's weight comprising the steps of:

providing a scale with a one or more sensors, one or more supports that are movable with respect to said scale, and one or more indicators operatively connected to said one or more sensors and/or said one or more supports;

activating said scale;

positioning a user on said scale;

indicating to said user via said one or more indicators the user's relative position with respect to said one or more sensors and/or said one or more supports;

re-positioning said user in accordance with said indicators; and

measuring said user's weight.

29. The method of claim 27, wherein said scale has a display for displaying said user's measured weight.

30. The method of claim 27, wherein said step of activating said scale comprises tapping a predefined portion of said scale.